

Laid Back 'n Low Key



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Choreographer: Peter Metelnick & Alison Biggs

Count: 32

Wall: 4

Level: Intermediate

Intro: 20 counts, after the heavy beat kicks in when he sings the word 'LOW'

Music: "Laid Back 'n Low Key" by Alan Jackson

Start 20 counts (1-8) R side, L together, R back ball cross, L side, R

together, L fwd shuffle

1-2	Step R side, step L together
3&4	Step R back, step L back, cross step R over L
5-6	Step L side, step R together
7&8	Step L forward, step R together, step L forward

(9-16) R fwd rock & recover, ¼ right shuffle, weave R 4

1-2	Rock R forward, recover weight on L
3&4	Turning ¼ right step R side, step L together, step R side
5-8	Cross step L over R, step R side, cross L behind R, step R side

(17-24) L cross rock & recover, ¼ L shuffle, R fwd, ½ L pivot turn, walk/skate/full turn R & L fwd

1-2	Cross rock L over R, recover weight on R
3&4	Step L to L side, step R together, turn ¼ L step L forward
5-6	Step R forward, pivot ½ left
7-8	Step R forward, step L forward (or skate forward R & L)

(Option: Full turn left on counts 23-24)

(25-32) Rocking chair, ¼ R jazz box cross

1-4	Rock R forward, recover weight on L, rock R back, recover weight on L
5-8	Cross R over L, step L back, turning ¼ right step R side, cross step L over R

Start Again

Big Ending: Rock R forward, recover weight on L Turning ¼ right step R side, step L together, step R side, Step L forward